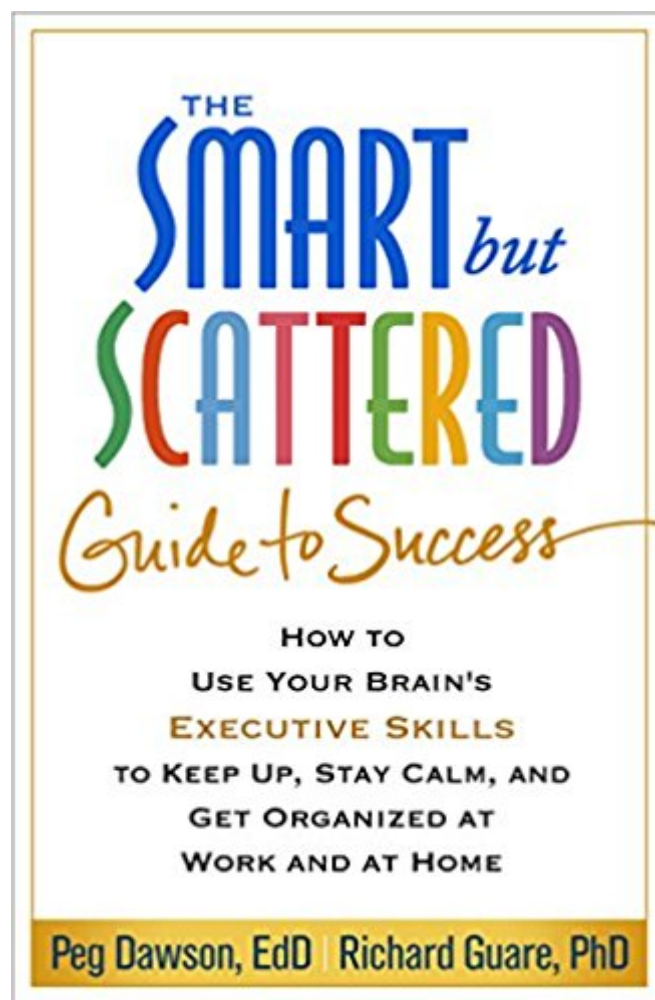




The book was found

The Smart But Scattered Guide To Success: How To Use Your Brain's Executive Skills To Keep Up, Stay Calm, And Get Organized At Work And At Home





Synopsis

Are you smart, scattered, and struggling? You're not alone. Cutting-edge research shows that today's 24/7 wired world and the growing demands of work and family life may simply max out the part of the brain that manages complex tasks. That's especially true for those lacking strong executive skills/the core brain-based abilities needed to maintain focus, meet deadlines, and stay cool under pressure. In this essential guide, leading experts Peg Dawson and Richard Guare help you map your own executive skills profile and take effective steps to boost your organizational skills, time management, emotional control, and nine other essential capacities. The book is packed with science-based strategies and concrete examples, plus downloadable practical tools for creating your own personalized action plan. Whether on the job or at home, you can get more done with less stress. See also the authors' Smart but Scattered parenting guides, plus an academic planner for students and related titles for professionals.

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Customer Reviews

"Dawson and Guare, masters of executive skills, have provided a user-friendly, practical, and immensely valuable guide. This book is an instant classic."--Edward Hallowell, MD, coauthor of *Delivered from Distraction* "This isn't just a good book, it's a great book! Chock full of highly useful recommendations and guided by science and practice, this book is rich with methods to help any adult overcome problems with time management, organization, self-control, and related skills."--Russell A. Barkley, PhD, ABPP, ABCN, author of *Taking Charge of Adult ADHD* "This book

addresses the exact issues I struggle with when I'm feeling scattered and not accomplishing my goals. It helped me evaluate my areas of weakness and gave me clear, simple suggestions to help me get past some of the frustrating challenges I've experienced my whole life. The authors' personal, accessible, supportive writing style kept me engaged and focused."--Sue V., Rochester, New York "As someone who consistently struggles with time management and organization, I was so glad to come across this book. Between the step-by-step breakdown of issues and the real-life stories, I found it both helpful and entertaining. The interactive worksheets were really enlightening."--Cheryl T., Parsippany, New Jersey "Wow, am I glad to have this in my toolbox! The authors deftly unfold a plan to lead with your strengths, manage your weaknesses, and improve the areas that matter most. It will help me work with clients to break down their major career moves into smaller, attainable goals. The Action Plan alone is a life changer."--DeAnne Pearson, MEd, ACC, owner and career coach, Deliberate Careers, LLC "Drs. Dawson and Guare provide adults of all ages with practical, well-grounded advice for staying on top of today's busy lives. Each chapter combines just-right background material with ready-to-use tips and tools to put into practice immediately."--Joel T. Nigg, PhD, Professor of Psychiatry and Behavioral Neuroscience, Oregon Health & Science University "This is a terrific self-help book--one of the best I've seen--for helping individuals develop their executive skills. Chapters offer sound solutions and strategies, with lots of everyday examples. The authors have an impressive grasp of current brain science, and have translated it into language that is meaningful and easy to understand."--Mary V. Solanto, PhD, Department of Psychiatry, New York University School of Medicine "Psychologists Peg Dawson and Richard Guare apply their well-honed approach to assist adults with executive skill challenges. The book offers simple and effective strategies for maintaining focus, dealing with clutter, and getting through busy days of family life." • (ADDitude 2015-10-01)

Peg Dawson, EdD, is a staff psychologist at the Center for Learning and Attention Disorders in Portsmouth, New Hampshire, where she works with children and adults. Dr. Dawson is a past president of the New Hampshire Association of School Psychologists, the National Association of School Psychologists (NASP), and the International School Psychology Association, and a recipient of the Lifetime Achievement Award from NASP. With Richard Guare, she is coauthor of bestselling books for general readers, including *Smart but Scattered*, *Smart but Scattered Teens*, and *The Smart but Scattered Guide to Success* (with a focus on adults). Drs. Dawson and Guare are also coauthors of *The Work-Smart Academic Planner*, Revised Edition, and books for professionals including *Executive Skills in Children and Adolescents*, Second Edition. Richard Guare, PhD, is

Director of the Center for Learning and Attention Disorders in Portsmouth, New Hampshire. Dr. Guare's research and publications focus on the understanding and treatment of learning and attention difficulties. He is a neuropsychologist and board-certified behavior analyst who frequently consults to schools and agencies. With Peg Dawson, he is coauthor of bestselling books for general readers, including *Smart but Scattered*, *Smart but Scattered Teens*, and *The Smart but Scattered Guide to Success* (with a focus on adults). Drs. Guare and Dawson are also coauthors of *The Work-Smart Academic Planner, Revised Edition*, and books for professionals including *Executive Skills in Children and Adolescents, Second Edition*.

Extremely happy I bought this book. What's funny is, I had it for almost 2 weeks before I even looked at it - procrastination, no time, won't work, lost interest, whatever! I finally picked it up and started reading. The book was written about ME. I haven't finished the book yet, however, some small suggested changes I made in my daily life made a huge difference! The result was me feeling a big relief from pressure, much more focused, I had more energy than I had for years, and best of all, an incredible feeling of accomplishment. If you actually apply what you read - just try it - you won't be disappointed!

My husband, the very scattered one, is actually reading it. I had my doubts he'd open it, or read it front to back. This book has saved our 19 year marriage! We have been to a psychiatrist repeatedly for my same problem with him and now I see how he thinks sooo differently from me. We've talked about what I need from him relationally and where I can see his point of view. Wow. I had to ask his forgiveness big time. We are very thankful for this book.

Save your time, even as a teenager or adult I would recommend the original version *Smart but Scattered*, not *Guide to Success* or the *Teenagers* version. Bought and read all three. The first one has more tools if your kids are really deficient in executive functioning skills (really common in kids with ADHD). The first edition even provides online access to a lot of resources and worksheets that can help at any age if adjusted a little bit. The other versions provide very limited printing resources and a lot of them are common on the first book.

The book is structured to support self-help identification of Executive Skill weaknesses, and then gives you self-help action strategies for improving the ones you test out as weak in. Each chapter wraps up with an example/case study of how a person with that Executive Skill weakness

approached the process of improving that skill. The examples are a composite, fictional person, but still highly useful in thinking about how YOU want to approach improving that Executive Skill given your own circumstances. Excellent, excellent book. Full of practical advice and very specific solution strategies. Backed up with the specifics on the brain research that supports the content and their recommendations. Extremely well thought out presentation, extremely well-thought-out strategies for improving specific skills. Very useful breakdown of the Executive Skills themselves, into ones that are conducive to work on one at a time. Identify The Executive Skills inventory worksheets are very useful for seeing which skills need to be worked on. Most people should read the first couple chapters and start with those. Except, if you're weak on Task Initiation, you'll probably never start. OK, just kidding on that part; if you're weak on task initiation, just start reading with that section, page 153, read 2 pages, then decide if you want to keep reading or not. Then, go find the Executive Skills questionnaire, complete that, review the results, and decide which of your weaker skills you want to focus on. Then go read those parts. Do go back and pick up the background and foundation chapters at some point. It may take several reads to get all the nuances of the Executive Skill and decide on the approach, make a plan, execute the plan. It's worth it. Keep trying. Adjust your approach. Try again.

This book will give you insights to why you are the way you are and gives you tips to improve areas of weakness.

Very good examples, written in a way that is usable for a novice to seasoned teacher.

Wow, I wish I had read this book years ago. Thank you, Peg Dawson! I will tell all my smart but scattered friends about this book!

Very good book. Methodical in its delivery. I got organized after reading this book

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Learning to Plan and Be Organized: Executive Function Skills for Kids With AD/HD (Enhancing Executive Function Skills in Kids with AD/HD)
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